

# Drug Program moves locations

*Wave 8 Mar 1984*

HEBER CITY—The Wasatch Alcohol and Drug Program has moved offices to better serve the community to 75 East 100 South in Heber City.

The new office space will give more room to the program, and will be easier to find. The new offices are located with the Bicycle Shop.

"The new offices gives better service to the community," stated Dr. Sharon Paradise, director of the program. She points out that it is easier to find, and has nicer office space for counseling.

The new center also has a larger meeting room for large classes. The same services will be offered at the new location which was offered at the last location. An Open House has been tentatively scheduled, and Dr. Paradise extends a welcome to anyone who wished to come in to see the new building.

Appointment for counseling can be made from 9-12, or anyone can stop by.



**Wasatch Alcohol and Drug Program has now relocated to offices at 70 E. 100 So., in Heber City.**





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# Drug and Alcohol Awareness Declared

*Wave 26 Apr 1984*

## RESOLUTION 84-8

TO DECLARE MAY 1984 AS  
THE ALCOHOL AND DRUG  
ABUSE PREVENTION MONTH

WHEREAS, because alcohol  
and drug abuse is present in this  
county, and

WHEREAS, the prevention of  
alcohol and drug abuse is of  
primary importance to the health,  
safety and morals of this county,  
and

WHEREAS, there is a need to  
educate the public to more fully  
acquaint them with the need for  
alcohol and drug abuse preven-  
tion, and

WHEREAS, the Alcohol and  
Drug Prevention Center of the  
Wasatch County Health Depart-  
ment has been established to  
assist residents of Wasatch  
County with alcohol and drug  
prevention.

NOW, THEREFORE, BE IT  
RESOLVED THAT:

1. The month of May be named  
as Alcohol and Drug Abuse  
Prevention Month.

2. That the Alcohol and Drug  
Prevention Treatment Center of  
the Wasatch County Health  
Department is hereby directed to  
inform the public during the  
month of May of the dangers of

alcohol and drug abuse and its  
extent in this county.

3. That by virtue of this  
resolution people in this county  
who are serving to help combat  
alcohol and drug abuse in their  
professional and private lives are  
hereby recognized by the Wasatch  
County Commission and singled  
out for thanks for their labors in  
behalf of the people of this  
County.

4. That all community organiza-  
tions are hereby urged to give  
special attention to the education  
of their members and the  
community at large with regard to  
the seriousness of alcohol and  
drug abuse within this County.

5. That this proclamation be  
published in the Wasatch Wave,  
April 26, 1984.

Adopted this 11th day of April,  
1984, by unanimous vote of the  
Wasatch County Commission.

George Holmes

Chairman

Pete Coleman

Commissioner

Reginald C. Tadd,

Commissioner

ATTEST:

Harry C. McMillan, Wasatch  
County Clerk



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# Upcoming Events Announced for the Alcohol and Drug Program 8 Nov 1984

On November 28 the Alcohol and Drug Prevention and Treatment office will be starting our Youth meetings from 3:00 to 5:00 every Wednesday. If you feel like you need some information about the dangers of drugs or just need someone to talk to about peer pressure and problems at school, please come and talk with us in a group session.

We would like to invite all parents to join our parent support group. We will be talking about preventive measures with drugs and alcohol and give support to those who are having trouble with their child-

ren. The class will be starting November 29 from 7:00 to 8:00. If you have any problems with the holiday blues come visit and share your feelings so we can make it a happy holiday season for all.

We will be holding a workshop on Keys to help the Aging at the Senior Citizen's Center on November 29 from 1:00 to 4:00. We will be touching on self esteem and some sitting exercises to help everyone keep fit and feel better. There will be some guidelines given on the use of medication and how to communicate with your doctor.

that much, you get a lot of packages out of one roll. It's more durable, too, so that it can be used again and again.

Erma Dillingham  
Cedar City, Utah

Dear Vi: Add a little pine oil to your rug shampoo solution for a clean fresh scent. I also add about four tablespoons of chlorine bleach when shampooing my off-white bedroom carpet.

Mrs. D.M.W.

I'd try this on an inconspicuous place first--just to be sure.

**Readers: This is your feature.** Send your good idea or ideas to **IT MAKES CENTS**, P.O. Box 122, St. George, Utah 84770, or in care of this newspaper. If your letter is used here, I'll send my personal check for \$2.00.

happy and at the same time maintain at least some degree of peace and quiet, as well as my sanity. I thought you might like to try some of these ideas. Even if you're not the host this year, you might do the host and hostess a great service by arriving at their home with a magic box of tricks to occupy the children before and after dinner.

### THANKSGIVING PLACE

**MATS:** Each child draws a picture of something to do with Thanksgiving or something they're thankful for on a sheet of paper. On the back of the paper they trace their hand and by coloring the fingers bright colors and putting an eye and beak on the thumb, turn it into a turkey. Have the child put their name and the date on their picture. Cut two pieces of clear contact

**NEW WINTER SHOWTIMES 6:30-8:30P.M.**

**AVON THEATRE — 654-1181**

HEBER CITY, UTAH



**Santa's space age  
adventure for everyone!**

# Upcoming Events Announced for the Alcohol Program

11-21-84

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# ing Trees Available

Ponderosa Pine, Austrian Pine, Scotch Pine, Eastern Red-Cedar, White Ash, Honey Locust, Lilac,

Hybrid Poplar, Lombardy Poplar, Golden Willow, Black Locust, European Sage, and Blue Spruce.

The minimum order is be-

tween 60-100 trees and the seedlings will be shipped about Mid-April. For more information or order forms contact Dale Jabonski/Area Forester 1325 West Highway 40, Vernal, UT 84078 (788-2092) or your local County Extension Office at 654-3211 in the Courthouse.

## Key Recipes

and remaining 2 teaspoons Worcestershire sauce. Simmer covered, stirring occasionally, until mixture is thickened, about 10 minutes.

Spoon into parsleyed rice ring, if desired. Makes 8-10 servings.

2 tablespoons oil  
1 cup carrots, roll cut  
1 cup green pepper, cut into strips  
1 cup drained pineapple chunks

Separate wings at joints and discard tips. Wash, drain and



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